

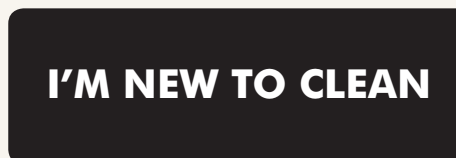
# CLEAN

*Which program is right for me?*

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*or*



# CLEAN

*Which program is right for me?*

## I'VE DONE THE **REFRESH PROGRAM** AND I WANT...

A deep reset to support energy levels and release toxins.

CLEANSE

To continue to build on my progress with Refresh, improve digestion, and go deeper with gut repair.

GUT

Daily shakes and supplements to keep me on track long term.

ESSENTIALS

To do it again. I had a great experience with Refresh.

REFRESH



# CLEAN

*Which program is right for me?*

## I'VE DONE THE **CLEANSE PROGRAM** AND I WANT...

A mini-program to get me back on track between cleanses.

REFRESH

To continue to improve my digestion and go deeper with gut repair.

GUT

Daily shakes and supplements to keep me on track long term.

ESSENTIALS

Another deep reset. It's been a while since my last cleanse.

CLEANSE



# CLEAN

*Which program is right for me?*

## I'VE DONE THE **GUT PROGRAM** AND I WANT...

A deep reset to feel more energetic and help my body release toxins.

CLEANSE

A mini-cleanse to get back on track. It's been a while since I did the Gut Program.

REFRESH

Daily shakes and supplements to keep me on track long term.

ESSENTIALS

To keep building on the progress I've seen during the Gut Program.

GUT



# CLEAN

*Which program is right for me?*

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## I'M NEW TO CLEAN AND I...

Want to improve my digestion, reduce bloating, and support my overall gut health.

GUT

Want to feel more energetic, better understand what foods work for me, help my body release toxins, and inspire long term habit change.

CLEANSE

Want a light introduction to the Clean way of life and I only have one week.

REFRESH



# CLEAN

*I've done the Cleanse and I want to do it again.*



## RESET THE RIGHT WAY

Time for another cleanse? This full body reset can be used 1-2 times a year to release toxins and repair from the inside out. Welcome back.

[LEARN MORE](#)



# CLEAN

*I've done the Cleanse and I want to get my health back on track.*



REFRESH

## GET BACK ON TRACK

Refresh is a 7-day mini-cleanse that's great to do after vacations or special events when you need a reminder of clean eating habits. It's also helpful to do between cleanses to get your health moving in the right direction.

[LEARN MORE](#)



# CLEAN

*I've done the Cleanse and I want to go deeper with gut repair.*



## DIGESTIVE SUPPORT

Dr. Junger's Clean Gut Program is geared towards better digestion, gut repair, and supporting healthy gut flora. The program is a wonderful follow-up to the cleanse and will help you build on your progress.

[LEARN MORE](#)





# CLEAN

*I've done the Cleanse and I want a day-to-day plan.*



ESSENTIALS

## **MAINTENANCE SHAKES & SUPPLEMENTS**

Long-term health is all about our daily habits. That's why we created Clean Essentials Shakes & Supplements for you to use day-to-day. A Clean lifestyle also includes everyday diet and lifestyle choices, so be sure to check out our [guiding principles](#) to help you keep it clean beyond the cleanse.

[LEARN MORE](#)



# CLEAN

*I've done the Gut Program and I want a deep reset to release toxins.*



## RESET THE RIGHT WAY

Dr. Junger's original 21-day program, this full body reset is designed to support the body's natural detox process. The cleanse builds on what you've learned during Clean Gut, supports stable energy levels, and helps establish healthy eating habits.

[LEARN MORE](#)



# CLEAN

*I've done the Gut Program and I want to get my health back on track.*



REFRESH

## GET BACK ON TRACK

Refresh is a 7-day mini-cleanse that's great to do after vacations or special events when you need a reminder of clean eating habits. It's also helpful to do between programs to get your health moving in the right direction.

[LEARN MORE](#)



# CLEAN

*I've done the Gut Program and I want to keep building on my progress.*



## DIGESTIVE SUPPORT

Doing the Gut Program again is a good option for you. You'll get the most out of our your next round by personalizing it based on your goals. Get support creating your plan by booking an appointment with a Wellness Coach.

LEARN MORE



# CLEAN

*I've done the Gut Program and I want a day-to-day plan.*



ESSENTIALS

## **MAINTENANCE SHAKES & SUPPLEMENTS**

Long-term health is all about our daily habits. That's why we created Clean Essentials Shakes & Supplements for you to use day-to-day. A Clean lifestyle also includes everyday diet and lifestyle choices, so be sure to check out our [guiding principles](#) to help you keep it clean beyond your Gut Program.

[LEARN MORE](#)



# CLEAN

*I've done Refresh and I want a deep reset to release toxins.*



## RESET THE RIGHT WAY

The cleanse is a great next step in your Clean journey. The cleanse builds on what you've learned during Refresh, supports stable energy levels, and helps establish healthy eating habits.

[LEARN MORE](#)



# CLEAN

*I've done Refresh and I want to do it again.*



## GET BACK ON TRACK

Great! Refresh is perfect to use whenever you need to get your health back on track and can easily be used 5-8 times a year.

[LEARN MORE](#)



# CLEAN

*I've done Refresh and I want to improve digestion.*



GUT

## **DIGESTIVE SUPPORT**

The Clean Gut Program is a great follow-up to Refresh. Clean Gut builds on the principles of Refresh to support digestion, gut repair, and healthy gut flora.

[LEARN MORE](#)





# CLEAN

*I've done Refresh and I want a day-to-day plan.*



ESSENTIALS

## **MAINTENANCE SHAKES & SUPPLEMENTS**

Long-term health is all about our daily habits. That's why we created Clean Essentials Shakes & Supplements for you to use day-to-day. A Clean lifestyle also includes everyday diet and lifestyle choices, so be sure to check out our [guiding principles](#) to help you keep it clean beyond your Gut Program.

**LEARN MORE**



# CLEAN

*I'm new to Clean and I want to improve my digestion.*



GUT

## **DIGESTIVE SUPPORT**

The Clean Gut Program supports gut health and digestion. This 21-day program uses one liquid meal a day, two meals from the Gut Diet, and targeted supplements to support digestion and healthy gut bacteria. You can use Dr. Junger's book [Clean Gut](#) to guide you through the 3-week program.

[LEARN MORE](#)



# CLEAN

*I'm new to Clean and I want a deep reset to release toxins.*



## RESET THE RIGHT WAY

The Cleanse is our most popular program. It's a 21-day full body reset that supports your body's natural detox process. The program uses two liquid meals a day, one solid meal from the Cleanse Diet and quality supplements, to support your body as you repair from the inside out.

[LEARN MORE](#)



# CLEAN

*I'm new to Clean and I want a light introduction to clean eating.*



REFRESH

## GET BACK ON TRACK

Our 7-day mini-cleanse is also a great introduction to the clean way of life and clean eating. Refresh includes one liquid meal a day, two meals from the Refresh Diet and specially selected supplements to support energy levels and mental clarity.

[LEARN MORE](#)



# CLEAN

*Have questions? We've got answers.*

**WRITE OR CALL US**

[support@cleanprogram.com](mailto:support@cleanprogram.com)

[\(888\) 497-8417](tel:(888)497-8417) (9am-7pm EST)

[Read our Health Disclaimer](#)



# CLEAN

## *Health Disclaimer*

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These statements have not been evaluated by the Food and Drug Administration. These programs and products are not intended to diagnose, treat, cure or prevent any disease.

**Please DO NOT conduct any of our programs if you:**

- are pregnant or nursing
- are under the age of 18
- have active cancer
- have liver disease or hepatitis
- have Type 1 Diabetes
- are on medications for bipolar disorder
- have adrenal fatigue, or
- have an allergy to any ingredient listed

Before doing any of our programs, please consult your doctor or local healthcare practitioner. You can find a healthcare practitioner who is supportive of your cleansing and wellness goals at [functionalmedicine.org](http://functionalmedicine.org).

It is your right to educate yourself in the arena of health and medical knowledge, to seek helpful information and make use of it for your own benefit, and for that of your family. You are the one responsible for your health. In order to make decisions in all health matters, you must educate yourself. The views and nutritional advice expressed by The Clean Program Corp are not intended to be a substitute for conventional medical service. If you have a severe medical condition, see your physician of choice. We do not claim to “cure” disease, but simply help you make physical and mental changes in your own body in order to help your body heal itself. No material or product included in this program is intended to suggest that you should not seek professional medical care. Always work with qualified medical professionals, even as you educate yourself in the field of detox, cleansing and alternative medicine.

Before undergoing the Clean Program read our full health disclaimer at [cleanprogram.com/terms](http://cleanprogram.com/terms).

